

CLAIM

What is claimed is:

1- A muscle toner for the prevention and treatment of tension headaches, neck and shoulder pain, and snoring, comprising in combination:

a headband providing the head support for the stretching device

a stretching device with an elastic tube connected to the headband.

a length adjusting buckle to size up the length of the elastic tube to users arm span and to adjust the resistance of the elastic tube according to the users musculature strength

2- A muscle toner for the prevention and treatment of tension headaches comprising in combination:

a headband providing the head support for the stretching device

a stretching device with an elastic tube connected to the headband.

a length adjusting buckle to size up the length of the elastic tube to users arm span and to adjust the resistance of the elastic tube according to the users musculature strength

3- A muscle toner for the prevention and treatment of neck and shoulder pain, comprising in combination:

a headband providing the head support for the stretching device

a stretching device with an elastic tube connected to the headband.

a length adjusting buckle to size up the length of the elastic tube to users arm span and to adjust the resistance of the elastic tube according to the users musculature strength

4- A muscle toner for the prevention and treatment of snoring, comprising in combination:

a headband providing the head support for the stretching device

a stretching device with an elastic tube connected to the headband.

a length adjustment buckle to size up the length of the elastic tube to users arm span and to adjust the resistance of the elastic tube according to the users musculature strength